

Household Commodity Fact Sheet

**OIL, VEGETABLE**

Date: April 2009

Code: B666

PRODUCT DESCRIPTION

- Vegetable oil is refined canola, corn, cottonseed, olive, safflower, soybean, sesame, sunflower, or any combination of these oils.

PACK/YIELD

- Vegetable oil is packed in about 48-fluid ounce containers, which is about 288 servings (1 teaspoon each).

STORAGE

- Store unopened vegetable oil in a cool, clean, dry place.
- After opening, store vegetable oil tightly in its original container in a cool, dry place.
- Oil can be stored in the refrigerator; the oil may thicken, but if you let it stand at room temperature it will return to a liquid.
- Look at the "Best if used by" or "Best by" date on the container.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Use vegetable oil to coat a skillet or pan when cooking vegetables or meats.
- For a quick salad dressing, mix 1 part vegetable oil to 2 parts vinegar, add garlic powder, salt, and black pepper.
- Combine vegetable oil, mustard, salt, black pepper, and your favorite spice and use as a marinade for meat, poultry, fish, or vegetables.
- Vegetable oil can be used in a variety of baked items such as brownies, cookies, muffins, and breads.

NUTRITION INFORMATION

- 1 teaspoon vegetable oil counts as 1 teaspoon of oils in MyPyramid.gov. For a 2,000-calorie diet, the daily recommendation is about 6 teaspoons.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 teaspoon (4.5g) vegetable oil

Amount Per Serving

Calories	40	Calories from Fat	40
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% Daily Value*

Total Fat 4.5g	7%	
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 0g	0%	
Dietary Fiber 0g	0%	
Sugars 0g		
Protein 0g		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

ASIAN SALAD DRESSING**MAKES ABOUT 5 SERVINGS****Ingredients**

- 2 tablespoons vegetable oil
- 3 tablespoons red vinegar
- 2 tablespoons water
- 2 teaspoons lite sodium soy sauce
- 2 tablespoons brown sugar (or regular sugar)
- 2 tablespoons lemon juice
- ½ teaspoon garlic powder

Directions

1. Put all the ingredients in a jar or bottle with a lid.
2. Close lid tightly and shake well.
3. Chill in the refrigerator for at least 1 hour before serving. Serve on salad or cut-up fresh vegetables.
4. Refrigerate any leftover dressing.

Nutritional Information for 1 serving (2 tablespoons) of Asian Salad Dressing

Calories	70	Cholesterol	0 mg	Sugar	4 g	Vitamin C	2 mg
Calories from Fat	50	Sodium	100 mg	Protein	0 g	Calcium	5 mg
Total Fat	6 g	Total Carbohydrate	4 g	Vitamin A	0 RAE	Iron	0 mg
Saturated Fat	1 g	Dietary Fiber	0 g				

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BLACK BEANS**MAKES ABOUT 4 SERVINGS****Ingredients:**

- 3 cups cooked black beans
- 2 tablespoons vegetable oil
- ½ medium onion, chopped
- 2 garlic cloves, chopped
- ½ teaspoon ground cumin (if you like)
- ½ teaspoon salt
- ¼ teaspoon fresh or dried oregano

Directions

1. Pour 2 cups beans into a bowl. Use a potato masher or fork to mash the beans until they are no longer whole. Set the mashed beans to the side.
2. In a medium-size saucepan, heat the oil over medium high heat. Add the onions and cook for 1 to 2 minutes. Stir in the garlic and cook for 30 seconds more. If using cumin, add that too.
3. Stir in the mashed black beans and the remaining black beans. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and cook for 10 minutes, uncovered.

Nutritional Information for 1 serving (about 1 cup) of Black Beans

Calories	350	Cholesterol	0 mg	Sugar	1 g	Vitamin C	1 mg
Calories from Fat	70	Sodium	290 mg	Protein	19 g	Calcium	68 mg
Total Fat	8 g	Total Carbohydrate	54 g	Vitamin A	1 RAE	Iron	5 mg
Saturated Fat	1 g	Dietary Fiber	18 g				

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.